



*Part of the Mohawk
Trail Regional School
System.*

Breakfast served
everyday.

Salad Bar Lunch
Option Available

**Jennifer Shaw
Cafe Manager
Heather Mack
Café Assistant**

Apply for free/reduced
priced meals at any time.

Phone: 413-625-2521
Fax: 413-625-2034

Although we strive to
provide exactly what is
on our printed menus
they are subject to
change due to
supply shortages or
other unforeseeable
events. Thank you for
your
Understanding

The USDA and this
institution are equal
opportunity providers
and
employers



1 Cheese Pizza
Garden Side Salad
Fruit
Milk

NO SALAD BAR

2 Hot Dogs
WG Bun
Baked Beans
Carrot and Celery
Fruit
Milk

Release 1:50

3 Chicken Nuggets
Fries
Carrots
Fruit
Milk

**4 Grilled Cheese
Sandwich**
Tomato Soup
Broccoli
Fruit
Milk

**7 Bologna
Sandwich**
Baked Chips
Carrots & Celery
Hummus
Fruit
Milk

8 Turkey Gravy
WG Roll
Mashed Potato
Green Beans
Fruit
Milk

9 Mac N Cheese
WG Roll
Carrot
Fruit
Milk

Release 1:50

10 Soft Taco
WG Tortilla
Cheese, Lettuce & Tomato
Refried Beans
Fruit
Milk

**11 Warm
Ham & Cheese
On a Croissant**
Baked Chips
Carrots & Celery
Fruit
Milk

**14 Indigenous
People's
Day**

No School

**15 Spaghetti
W/ Meat Sauce**
WG Roll
Garden Side Salad
Fruit
Milk

16 Baked Potato
WG Roll
Chili & Cheese
Broccoli
Fruit
Milk

17 Cheese Pizza
Garden Side Salad
Fruit
Milk

NO SALAD BAR

18 Nachos
WG Chips
Cheese, Lettuce & Tomato
Meat
Refried Beans
Fruit
Milk

21 Meatball Sub
Baked Chips
Carrots & Celery
Fruit
Milk

22 Hamburger
Cheese, Lettuce & Tomato
Fries
Fruit
Milk

23 Chicken Fajita
WG Tortilla
Peppers and Onions, Cheese
Refried Beans
Fruit
Milk

Release 1:50

**24 Chicken
Parmesan**
WG Pasta
Peas
Fruit
Milk

**25 Sunbutter
Sandwich**
Baked Chips
Carrots & Celery
Hummus
Fruit
Milk

**Fall Fun Friday
NO SALAD BAR**

28 Hot Dogs
WG Bun
Baked Beans
Carrot and Celery
Fruit
Milk

29 Soft Taco
WG Tortilla
Cheese, Lettuce & Tomato
Refried Beans
Fruit
Milk

**30 Chicken Patty
Sandwich**
Fries
Carrots & Celery
Fruit
Milk

Release 1:50

31 Cheese Ravioli
Broccoli
Fruit
Milk